

2005

WISCONSIN

YOUTH RISK BEHAVIOR SURVEY

Executive Summary

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION



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Printed on Recycled Paper

This publication is available from:

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This document is also available on World Wide Web:
www.dpi.wi.gov/sspw/yrebsindx.html

Supported in part by CDC/DASH Cooperative Agreement #U87-CCU522659-03

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YOUTH RISK BEHAVIOR SURVEY

Executive Summary

The 2005 Wisconsin Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health-risk behaviors of the nation's high school students. This report contains findings from the 2005 Wisconsin YRBS in eight priority areas: protective assets; traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition and exercise.

The Department of Public Instruction (DPI) has administered the YRBS every two years beginning with 1993. The YRBS was administered to 2,389 students in 52 public schools in Wisconsin in the spring of 2005. The survey results are representative of ninth through twelfth grade public high school students in Wisconsin. In the report, the 2005 Wisconsin data are compared to the 1993, 1997, 1999, 2001, and 2003 National YRBS data to indicate trends and comparisons. Survey procedures were designed to protect the privacy of students by allowing anonymous and voluntary participation. Local parent permission procedures were followed before administration, including informing parents that their child's participation was voluntary.

ASSETS

A youth's behavior is influenced by a complexity of experiences and influences. These positive influences have been described as assets. These assets have the power to protect youth from risk behaviors as well as promote healthy behaviors.

Wisconsin Highlights

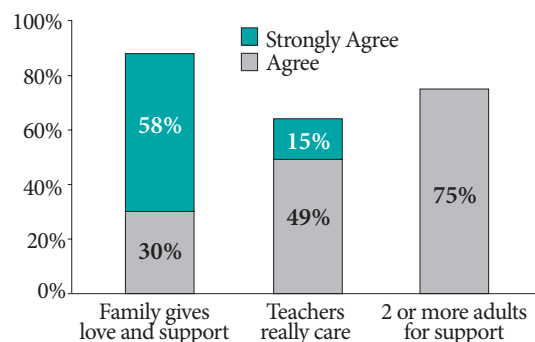
Wisconsin high school students generally report high levels of assets. In 2005, students are reporting high levels of social support, including family and teacher support. Schools and families do make a difference and they are essential in preventing risk behaviors among youth.

- Students who had strong family and teacher support and felt connected to their schools were less likely to engage in risky behaviors, including physical fights, carrying a weapon, using marijuana, drinking alcohol, and having sex.
- Students who report higher grades (mostly A's and B's) are less likely than those who report lower grades to be involved in risky health and safety behaviors. Examples include drinking alcohol, using marijuana, having sex, carrying a weapon on school property, and fighting. However, students who report higher grades do engage in these risky behaviors at significant rates.
- Students reporting higher grades are also more likely to feel safe at school and are less likely to have been threatened or injured with a weapon at school.

High Grades and Social Support

	Males	Females
Get Mostly A's or B's	63%	78%
Family gives love and support	87%	88%
Teachers really care, give support and encouragement	62%	67%
Feel like you belong at school	74%	75%
Other adults you could seek help from (2 or more)	72%	78%

Social support received from family, teachers, and other adults



TRAFFIC SAFETY

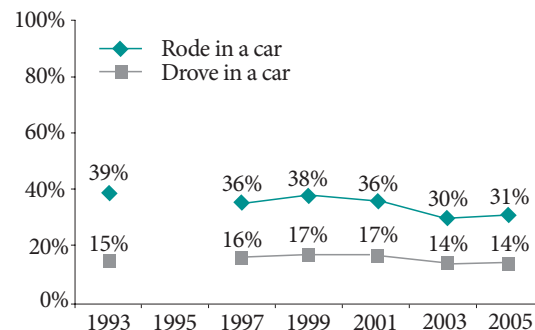
Wisconsin Highlights

- Seat belt use when riding in a car driven by someone else increased from 51% in 1993 to 72% in 2005.
- Student reports of bicycle helmet use increased significantly from 1993 to 2005.
- 31% of students reported riding with a driver who had been drinking alcohol at least once in the past 30 days.
- 20% of 12th grade students reported driving after drinking alcohol at least once in last 30 days.
- 19% of 11th grade students reported driving after drinking alcohol at least once in the last 30 days.

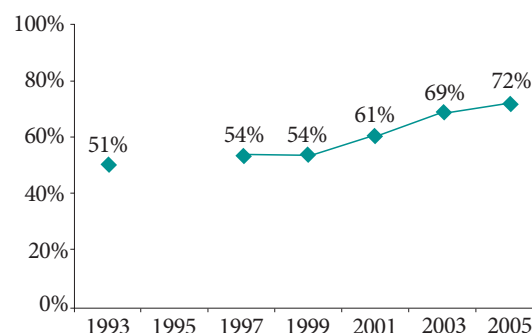
2003 National YRBS

- 30% of students reported riding with a driver who had been drinking alcohol at least once in the 30 days prior to the survey.
- 20% of 12th grade students and 19% of 11th grade students reported driving after drinking alcohol at least once in the past 30 days.

Frequency of riding with someone after drinking alcohol during the past 30 days, 1993-2005



Changes in seat belt use ("always" or "most of the time") when riding in a car driven by someone else, 1993-2005



WEAPONS & VIOLENCE

Wisconsin Highlights

The majority of Wisconsin high school students report feeling safe at school and disapprove of people using violence against another person.

- Student reports of carrying weapons, including guns, both anywhere and on school property and being threatened by a weapon decreased significantly from 1993 to 2005.
- Reports of physical fighting, including on school property decreased significantly from 1993 to 2005.
- Five percent of students reported not going to school in the past month because they felt unsafe at school or on their way to or from school.
- 12% of students report being bullied (i.e., picked on, harassed, or bullied) in the past year.
- Female students were significantly more likely to report being sexually harassed or assaulted than males (30% females compared to 11% males and 10% females compared to 6% males, respectively).

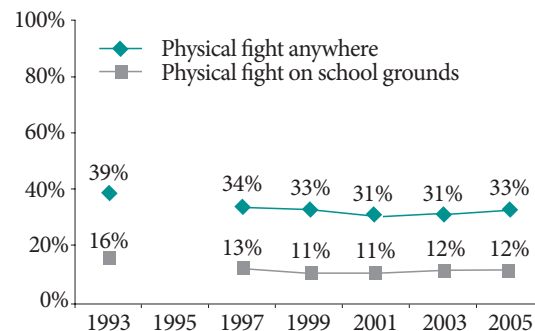
2003 National YRBS

- 17% of students had carried a weapon and 6% had carried a gun anywhere.
- 33% of students had been in a physical fight anywhere and 13% had been in a fight on school property during the 12 months preceding the survey.

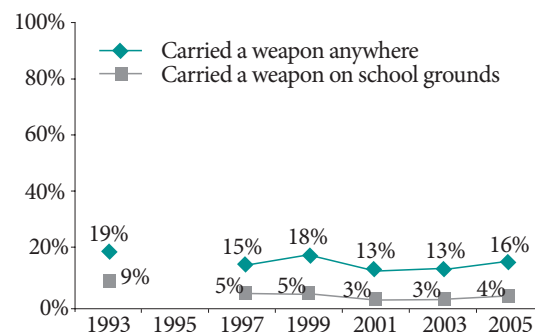
Male students had a significantly higher prevalence than female students on nearly every measure of violence and weapon use, Wisconsin 2005.

	Males	Females
Carried a weapon anywhere	27%	4%
Carried a gun anywhere	12%	1%
Physical fight anywhere	41%	23%
Physical fight on school property	17%	7%

Changes in physical fighting in the past 12 months by location, 1993-2005



Changes in weapons carrying including guns in the past 30 days by location, 1993-2005



SUICIDE

Wisconsin Highlights

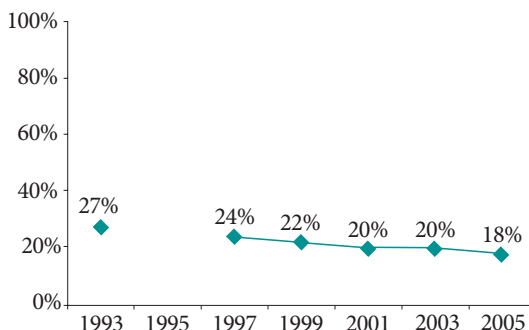
- Prevalence of students reporting having seriously considered suicide in the past 12 months has dropped significantly from 27% of students in 1993 to 18% of students in 2005.
- Prevalence of students reporting they have attempted suicide in the past 12 months (9%) has remained steady between 1993-2005.

2003 National YRBS

The prevalence of suicidal behaviors among Wisconsin students mirrored national prevalence rates.

- 17% of students seriously considered suicide and 8% of students attempted suicide in the 12 months prior to the survey.

Changes in serious consideration of committing suicide in the past 12 months, 1993-2005



Female students were significantly more likely than male students to report feeling sad or hopeless and to consider and attempt suicide.

	Males	Females
Feeling sad or hopeless, two weeks in a row	22%	33%
Considered suicide	14%	22%
Made a suicide plan	12%	18%
Attempted suicide	7%	11%

TOBACCO

Wisconsin Highlights

Student reports of smoking related behaviors have decreased significantly.

- 51% of students reported ever trying cigarette smoking in 2005 compared to 64% in 2001.
- Prevalence of students who smoked a cigarette before the age of 13 decreased from 27% in 1993 to 13% in 2005.
- Prevalence of students reported smoking a cigarette during the past 30 days decreased from 32% in 1993 to 23% in 2005.
- Reports of smoking cigarettes on school property decreased from 13% in 1993 to 6% in 2005.

2003 National YRBS

- 58% of students reported ever trying cigarette smoking.
- 22% of students reported smoking a cigarette during the past 30 days.

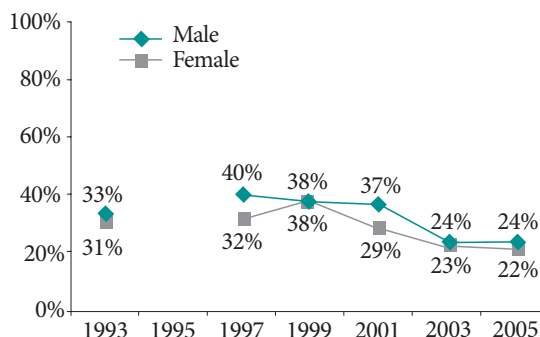
Female and male students reported similar tobacco use. The only exception is males are more likely to report using smokeless tobacco.

	Males	Females
Ever tried smoking a cigarette	53%	50%
Smoked cigarette prior to age 13	16%	11%
Smoked cigarette past 30 days	24%	22%
Smoked cigarettes daily	16%	17%
Current smokeless tobacco user	14%	2%

Among students who smoke, heavy smoking behavior dropped significantly from 1993 to 2005.

	1993	2005
Smoked on 20 or more of the past 30 days	16%	11%
Smoked two or more cigarettes per day on the days they smoked	22%	14%
Smoked more than 10 cigarettes per day on the days they smoked	15%	8%

Changes in cigarette smoking past 30 days, by gender, 1993-2005



ALCOHOL & OTHER DRUGS

Wisconsin Highlights

The majority of Wisconsin high school students report attitudes against binge drinking and the casual use of marijuana. In addition, it appears that student reports of alcohol and marijuana use are now showing signs of decreasing from a high in 2001. However, a significant percentage of students continue to report using alcohol, marijuana and cocaine.

- In 2005, fewer students reported experimenting with alcohol before the age of 13 compared to 1993 (24% compared to 37% respectively).
- Students in 2005 are reporting alcohol consumption levels comparable to 1993 levels. 49% of students reported drinking alcohol in the past 30 days and 31% of students reported binge drinking (5 or more drinks of alcohol in a row) in the past 30 days.
- Male students were significantly more likely than female students to report experimenting with alcohol and marijuana before the age of 13. 28% of males reported experimenting with alcohol before the age of 13 compared to 19% of females and 9% of males reported experimenting with marijuana before the age of 13 compared to 5% of females.
- Prevalence of students who reported using marijuana in the past 30 days increased significantly from 11% in 1993 to 16% in 2005 although current marijuana use decreased significantly from 22% in 2003 to 16% in 2005.

2003 National YRBS

- 45% of students reported drinking alcohol in the past 30 days and 28% of students reported binge drinking in the past 30 days.
- 40% of students reported having used marijuana during their lifetime and 24% of students reported using marijuana in the past 30 days.

SEXUAL BEHAVIOR

Wisconsin Highlights

Overall, student reports of risky sexual behavior have decreased significantly between 1993 and 2005. More students are abstaining longer from having sexual intercourse and the majority of sexually active students reported using a reliable form of birth control, including condoms.

- 37% of students said that it was important for them to delay having sexual intercourse until they were married, engaged or an adult in a long-term committed relationship, while 22% of students said that it was not important to delay having sexual intercourse and another 18% were unsure.
- Prevalence of students who reported ever having sex, sex before the age of 13, sex in the past 3 months, and multiple sexual partners has decreased significantly from 1993 to 2005.
- The majority of sexually active students reported using a reliable form of birth control the last time they had sex. 78% of students reported using a condom, birth control pill or Depo-Provera before their last sexual intercourse.

2003 National YRBS

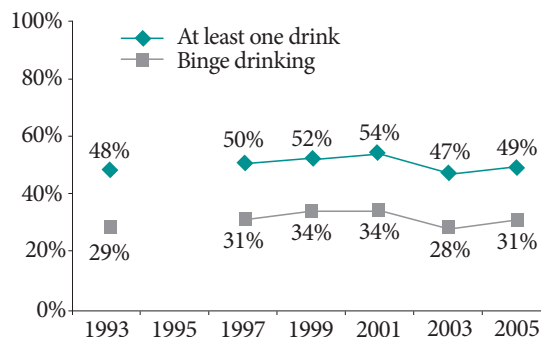
- 47% of all students reported having had sexual intercourse during their lifetime and 34% report being currently sexually active (sexual intercourse past 3 months).
- 63% of students who had sexual intercourse in the past 3 months reported using a condom the last time they had sex.

Sexual behaviors among currently sexually active students*, Wisconsin, 2005

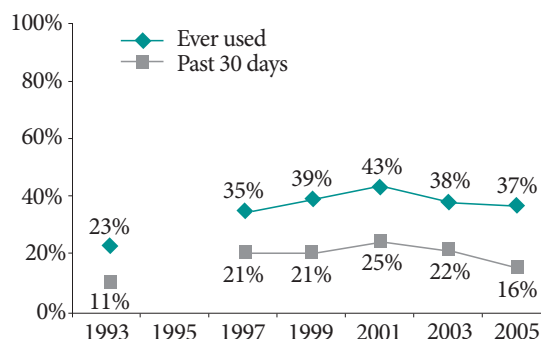
	Males	Females
Had sex in past 3 months	27%	32%
Used alcohol or drugs before last sexual intercourse	27%	19%
Condom use last sexual intercourse	69%	62%

*Sexual intercourse during the last 3 months

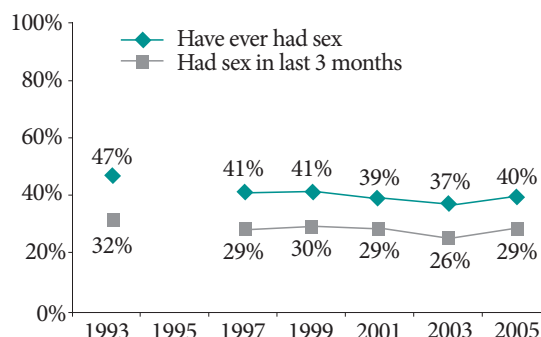
Changes in alcohol use past 30 days, 1993-2005



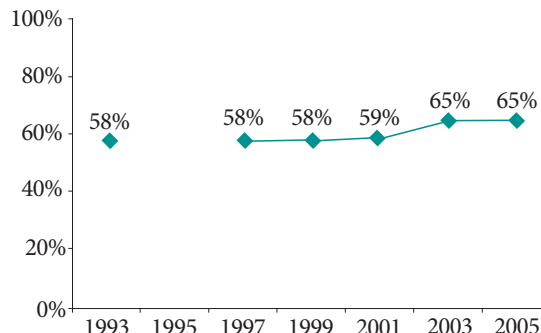
Changes in marijuana use, 1993-2005



Changes in sexual behavior, 1993-2005



Changes in condom use among currently sexually active students, 1993-2005



DIET, NUTRITION & EXERCISE

Wisconsin Highlights

- 24% of all students are at risk for becoming overweight or are overweight according to their Body Mass Index (BMI). Males are more likely to be overweight.
- 32% of students reported eating 3 or more servings of fruit and 18% reported eating 3 or more servings of vegetables on the day prior to the survey.
- 14% of students reported not eating breakfast at all in the last 7 days and 58% of students went two or more days without breakfast.
- Prevalence of students who reported vigorous and moderate physical activity has increased significantly; however all these gains can be accounted for by male students. Female students have not seen the same increase in physical activity as males between 1993 and 2005.
- 26% of students reported watching three or more hours per day of TV on an average school day.

2003 National YRBS

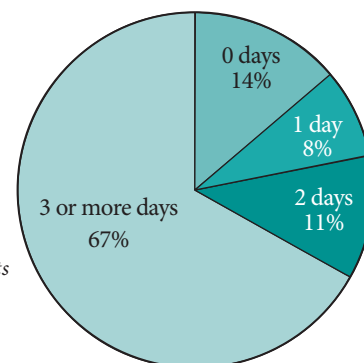
- 63% of students reported exercising or participating in vigorous physical activities that made them sweat and breathe hard for at least 20 minutes on three or more of the past seven days.
- 25% of students reported participating in moderate physical activity that did not make them sweat or breathe hard on five or more of the past seven days.

Male and female students seldom reported similar behaviors and perceptions when it came to body image, eating habits, and physical activity.

	Males	Females
Describe themselves as overweight	26%	36%
Trying to lose weight	29%	62%
BMI ≥ 95% (i.e., overweight)	14%	6%
Physically active 60 or more minutes/day on 5 or more days of the past week	42%	27%

Frequency of strenuous* physical activity in the past 7 days

*Activities that made students sweat and breathe hard



Wisconsin YRBS Trend Summary 1993 – 2005

Improved Behaviors

Key

- ▲ Increasing
- ▼ Decreasing
- Mixed

Alcohol

- ▼ Experimenting with alcohol before age 13

Other Drugs

- ▼ Used inhalants to get high

Physical Activity

- ▲ Vigorous physical activity (3 or more times/week)

Sexual Behaviors

- ▼ Ever had sex
- ▲ Abstaining longer before first sexual intercourse
- ▲ Condom use

Suicide

- ▼ Seriously considered attempting suicide

Tobacco

- ▼ Current smoking (past 30 days)
- ▼ Ever tried cigarettes
- ▼ Experimenting with cigarettes before age 13
- ▼ Smokeless tobacco use

Traffic Safety

- ▼ Riding with someone who had been drinking alcohol

- ▲ Bicycle helmet use

- ▲ Seat belt use

Weapons and Violence

- ▼ Carrying weapons anywhere
- ▼ Carrying a gun
- ▼ Carrying weapons on school property
- ▼ Involved in a fight anywhere
- ▼ Involved in a fight on school property last 12 months

Behaviors in Need of Improvement

Alcohol

- Drove a car after drinking during last 30 days
- Had one or more drinks during the last 30 days
- Binge drinking (5 or more drinks in a row)

Other Drugs

- ▲ Ever used marijuana
- ▲ Experimenting with marijuana before age 13
- ▲ Currently using marijuana
- ▲ Ever used and current use of cocaine
- Offered, sold or were given illegal drug on school property

Sexual Behaviors

- Alcohol and other drug use before last sexual intercourse
- ▼ Conversations about HIV/AIDS with parents or other adult family member

Suicide

- Feelings of depression
- Attempted suicide last 12 months